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U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



WASHINGTON D C

RELEASE FOR PUBLICATION
MARCH 7, 1934 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U.S. Department of Agriculture.

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

:	:	:
:	Every meal -- Milk for children, bread for all.	:
:	Every day --	Two to four times a week --
:	Cereal in porridge or pudding	Tomatoes for all
:	Potatoes :	Dried beans and peas or peanuts
:	Tomatoes (or oranges) for children:	Eggs (especially for children)
:	A green or yellow vegetable :	Lean meat, fish, or poultry or
:	A fruit or additional vegetable :	cheese
:	Milk for all :	:

ORANGES A GOOD PROTECTIVE FOOD

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Oranges, thanks to modern science and enterprise, are nowadays common in every part of the United States. This is important, not only because they add so much to the "pleasures of the palate" but because they are one of the most valuable of what the nutrition specialists call the protective foods. They are one of the foods that help to keep the gums in good condition, and to make good teeth--this because they are such an excellent source of vitamin C, which has to do also with the general health, and is necessary to prevent scurvy.

Orange juice is good for babies especially. They can take it easily and they need it because milk does not give them enough vitamin C and because they do not eat enough of the other foods that contain this vitamin unless special care is taken. There are other good sources of vitamin C, of course--tomatoes particularly, raw cabbage, raw turnips, and raw fruits, especially lemons and grapefruit and



and tangerines--all the citrus fruits, in fact. Oranges, however, are at their cheapest this time of year.

It is good news, also, says the Bureau of Home Economics of the U.S. Department of Agriculture, that two or three million bags of oranges are on their way from Florida to be distributed free to needy families throughout the eastern half of the United States. Florida growers have donated these oranges to the Federal Surplus Relief Corporation, which will pass them on to the State relief agencies. All of the States east of the Mississippi, and Minnesota, Iowa, Missouri, Arkansas, and Louisiana will share in this distribution.

For people who can afford to buy, it is fortunate that oranges are plentiful now in the markets. The range in price, of course, is very great. In northern cities and in the Middle West, oranges cost two to three times as much as in the South and on the Pacific coast, but even for the family with very little to live on, a bag of oranges is a good investment whenever it can be managed. Two tablespoons of orange juice per day is the least the baby should have, the doctors say, unless he has about twice as much tomato juice instead. The relative cost will determine which he will get.

For that matter, even a bountiful meal is improved if oranges or orange juice are served. The additional vitamin C--from oranges or tomatoes or any other good source--gives that much more protection to the gums and teeth.

Oranges contain other vitamins--A, B, and G. The outer peel, as well as the juice, contains vitamins A, B, and C, which means that the sliced rind contributes some vitamin value to the dish in which it is used for flavoring.

Scurvy is a very ancient disease and is the extreme form of illness due to lack of vitamin C. For centuries soldiers and sailors died of it in great numbers, because they could not carry fresh green foods in the army or ship stores. Finally, the doctors discovered that lemon juice would prevent scurvy, and the concentrated

juice became a part of the sailors' rations. Admiral Byrd's expedition now in the Antarctic has the benefit of the latest scientific discoveries about vitamin C. Among the medical supplies is a little bottle of the vitamin itself--highly concentrated, and enough, the expedition's doctor says, to protect the forty-odd men from scurvy for two years.

There is a mild, or incipient scurvy, however, which is much more of a danger in every day life than the acute form to which armies and navies and explorers are subject. An otherwise good diet may be low in vitamin C, unless somebody in the household checks up on it. The result in such a case may be just a general low state of health, bad gums, poor teeth, and so on, which could be remedied by correcting the diet. Baked potatoes, green vegetables when properly cooked for the shortest possible time, raw vegetables such as cabbage, turnips and green lettuce, and raw fruits--all these contribute vitamin C. But to make sure of enough, specialists recommend oranges, or other citrus fruits, or else tomatoes, two to four times a week for adults, and orange or tomato juice every day for children, in addition to green vegetables and other fruits.

To get the most for the money invested in a bag of oranges use the rinds in cooking. Sweetpotatoes scalloped with strips of orange rind make a most inviting dish. Slice the orange skin and boil it for about 5 minutes in half a cup of water. Scatter the slices of orange skin in the baking dish with the sweetpotatoes, sprinkle with a fourth of a cup of sugar (to 5 sweetpotatoes) and pour the orange water over all. Sandwiches for lunch or supper can be made by mixing grated orange rind with butter for the sandwich spread. As flavoring for puddings, cakes, or other desserts, in biscuits, or muffins, the grated orange rind adds a very attractive touch.

LOW-COST MENU FOR ONE DAY

Breakfast

Rice with Sugar and Cinnamon - Top Milk

Toast

Coffee (adults) - Milk (children)

Dinner

Baked Spare Ribs

Scalloped sweetpotatoes with Orange Peel

Cold Slaw - Bread and Butter

Hot Tea (adults) - Milk (children)

Supper

Cream of Corn Soup - Toast

Sliced Oranges & Bananas

(Orange juice for baby)

Milk for children

Orange Turn-Over Biscuits

2 cups sifted soft-wheat flour

2/3 cup milk

4 teaspoons baking powder

1/4 cup melted butter

1 teaspoon salt

Grated Orange rind

3 tablespoons fat

Sugar

Sift the dry ingredients and cut in the fat with a biscuit cutter. Make a well in the mixture and add the milk slowly; stir from the center with a fork until a fairly stiff dough is formed. Knead for a few seconds until smooth. Roll out about one-fourth inch thick on a lightly floured board, cut with a small biscuit cutter, and fold over like a pocketbook roll. Dip quickly into the melted butter, drain, and put in a baking pan. To each tablespoon of grated orange rind add 1 tablespoon of sugar, and mix well. With the tip of a knife, place a small quantity of the orange and sugar mixture between the folds of the biscuits and spread a little over the top. Bake in a moderately hot oven (375° F.) until lightly browned. Serve at once.

Orange Drop Cookies

2 tablespoons grated orange rind

4 tablespoons orange juice

4 tablespoons butter

2 cups sifted flour

1 cup sugar

4 teaspoons baking powder

2 eggs

1/2 teaspoon salt

Cream together the grated orange rind, butter, and sugar. Add the well-beaten eggs and orange juice, and the flour, baking powder, and salt, which have been sifted together. Drop the batter by spoonfuls onto a greased baking sheet and bake in a moderately hot oven (375° to 400° F.) for about 10 minutes.

Orange Icing

2 tablespoons butter

2 tablespoons fresh orange juice

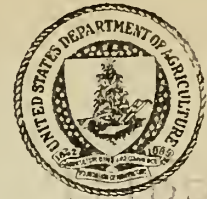
1 cup confectioner's sugar

Grated rind of 1 orange

Cream the butter, add the sugar and orange juice gradually, beat until soft and creamy. Spread at once on cake.



U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE



WASHINGTON D. C

RELEASE FOR PUBLICATION
MARCH 14, 1934 (WEDNESDAY)

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by

Bureau of Home Economics, U.S. Department of Agriculture.

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

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:	Lean meat, fish, or poultry, or
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:	A fruit or additional vegetable :
:	cheese
:	:
:	Milk for all
:	:

FEEDING CHILDREN OF NURSERY SCHOOL AGE

Little children--from 18 months to five or six years old--should have their principal meal in the middle of the day, and that meal, with an afternoon lunch, should include about half the child's food for the day. This is what child specialists recommend, and it is one reason why the Federal Emergency Relief Administration is providing funds for free nursery schools for needy children in many parts of the country. By bringing the pre-school children together for day-time care and proper feeding, the local agencies which use the Federal funds can relieve distressed families and at the same time safeguard the health of these children.

To assist them in doing so, the Bureau of Home Economics of the U.S. Department of Agriculture offers some general suggestions, a two-weeks set of nursery school menus, and some three dozen quantity recipes for dishes especially

suited to children of these ages. The quantities are enough for 25 children and 6 adults, and all the suggestions are based upon experience in a nursery school at the National Child Research Center in Washington, with which the bureau cooperates.

The pamphlet can be had upon request.

A child's diet from the time he is 18 months old until he is of grade school age, says the bureau, should include:

A pint and preferably a quart of milk a day; butter at every meal; cereal or bread or potatoes at every meal; two other vegetables daily, one raw or quickly cooked, leafy kinds often; fruit once or twice a day; egg or meat every day; sweets in small amounts at the end of the meal; and finally, cod-liver oil-- at least during the winter months until the age of two; for many children longer.

The noon meal at the nursery school should include an egg or meat or some other protein-rich main dish, and along with this a vegetable rich in vitamins and minerals, a starchy food, milk, and a dessert if desired. Certain points to be observed in preparation are these:

Serve food that is reasonably easy for small children to manage. Cut vegetables, meats, and fruits in small pieces or slices. Make other dishes such as puddings, mashed potatoes, or squash, of a pleasing consistency, not too thick, too thin, or too dry. Serve crisp toast or something similar which will require the children to chew. Such exercise is necessary for good tooth nutrition.

Taste all food before serving. Be sure that it is not too salty, but also that it does not taste "flat."

Do not give highly seasoned or greasy food to children.

Use sugar sparingly. Sweets dull the appetite for other foods that contain important nutrients.

When fluid milk is not available or is too expensive, use evaporated milk or dried milk.

The nursery school meal should make up, so far as possible, for any deficiencies in the meals the children get at home. The specialist in charge of the school should keep in touch with the families in order to check up for this purpose. Also, says the bureau, she should plan school menus a week in advance and post them in a conspicuous place so the parents can refer to them. This will help mothers to make

the home meals supplement the nursery school meal.

SUGGESTED NURSERY SCHOOL MENUS

Monday

Broiled or panned broiled beef
Creamed potatoes
Buttered carrots
Whole-wheat bread and butter
Milk to drink (1 cup)
Peaches, stewed dried, canned
or fresh

Tuesday

Liver, tomato, and spaghetti
Buttered string beans
Whole-wheat bread and butter or
toast
Milk to drink (1 cup)
Apple pudding or scalloped apples

Wednesday

Salmon custard
Creamed cabbage or turnips
Chopped apple sandwiches (whole-
wheat bread)
Milk to drink (1 cup)
Cocoa cornstarch pudding

Thursday

Beef stew with vegetables
Small glass tomato juice
Chopped lettuce sandwiches (whole-
wheat bread)
Milk to drink (1 cup)
Bread pudding

Friday

Creamed hard-cooked eggs
Mashed potatoes
Stewed tomatoes
Whole-wheat bread toast
Milk to drink (1 cup)
Stewed prunes

Monday

Creamed liver with bacon
Scalloped potatoes
Buttered kale or other greens
Whole-wheat bread and butter
Milk to drink (1 cup)
Apple sauce

Tuesday

Rice and tomato with meat
Buttered cabbage
Whole-wheat bread and butter or
toast
Milk to drink (1 cup)
Prune brown betty or prune
pudding

Wednesday

Lima beans with bacon
Buttered spinach or other
greens
Chopped carrot sandwiches
(whole-wheat bread)
Milk to drink (1 cup)
Creamy rice pudding with
raisins

Thursday

Hard-cooked egg with tomato
sauce
Mashed potatoes
Buttered peas
Whole-wheat bread and butter
Milk to drink (1 cup)
Ripe bananas with top milk or
custard sauce

Friday

Creamed fish with vegetables
Tomato juice (small glass)
Toast or chopped cabbage or
celery sandwiches
Milk to drink (1 cup)
Apricot tapioca cream



U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE



RELEASE FOR PUBLICATION
MARCH 21, 1934 (WEDNESDAY)

WASHINGTON, D. C.

THE MARKET BASKET

By

Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

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:	A fruit or additional vegetable	: cheese
:	Milk for all	:
:	:	:

FOR A BETTER DIET, PLANT A VEGETABLE GARDEN

Spring is coming-- despite the cold, long-staying winter-- and you will feel the urge to go out in the garden or the backyard and dig in the dirt. Don't hold back when you feel that urge, says the Bureau of Home Economics of the U.S. Department of Agriculture. Indulge it, encourage it, stimulate it if it is slow in coming to life. If you are any sort of a gardener at all, it will probably save you money, it will certainly give you better meals than you would otherwise have, and it will supply, at minimum cost, protective foods of which most Americans do not use enough.

A half-acre garden-- 220 by 100 feet-- can be made to produce all the vegetables the average family can use throughout the growing season, and plenty for canning, storing, and drying, says W. R. Beattie, garden specialist for the U. S.

Department of Agriculture, in other words, a year's supply of vegetables. Even if you have only a tenth of that space, or just a small back yard, you can grow some fresh green foods to help toward a balanced diet.

Home gardens were, in fact, more numerous last year than ever, and there will probably be still more this spring. From the South comes the report of one home garden from which "beginning with collards January 1, there has not been a day that we have not served fresh vegetables out of the garden." There were 32 varieties of vegetables grown in that garden, and in November it contained turnips, winter greens, mustard, onions, radishes, carrots, spinach, collards, eggplant, tomatoes, and peppers. Besides plenty to use for the table fresh, 150 quarts of vegetables from this garden were canned, and almost \$125 worth were sold.

In Illinois a garden plot of less than an acre furnished \$100 worth of vegetables for summer use, an additional \$40 worth that were stored for winter, and \$20 worth sold for cash. Of 300 demonstration gardens in Kansas, the average returns, net, were about \$65 worth of vegetables per garden.

For comprehensive information and directions for planting each and all the common vegetables, you can obtain from the Superintendent of Documents in Washington for 5 cents per copy, Farmers' Bulletin No. 1673-F, "The Farm Garden," and Farmers' Bulletin No. 1044-F, "The City Home Garden." Or to estimate your needs more closely, you can probably get a garden plan from your own State Extension Service. Here is one from New York State, for example. It is based on the needs of one person for 12 months, allowing two vegetables daily besides potatoes. It includes several kinds of greens, and several kinds of root vegetables, for the sake of variety, but it does not attempt to list all the vegetables that might be grown in a home garden in that part of the country. Others, of course, can be substituted in their proper nutritive class; that is, brussels sprouts or cauliflower for broccoli, turnip greens for any other greens, and so on.

The New York garden list runs something like this:

Greens-- To provide one serving per week throughout the growing season, from any one of the following greens, plant: Chard or kale, a row 6 feet long; spinach, 25 feet, which will allow for $4\frac{1}{2}$ quarts canned; broccoli, 12 feet. (You can have beet greens, also, from the beets listed below.)

Lettuce-- 2 plantings, 12 feet each, to provide 4 servings a week through the growing season.

Cabbage-- 40 feet, to provide 1 or 2 servings each week, and 30 pounds to store for winter.

Tomatoes-- 40 feet, to allow 3 to 4 servings per week in season, and 18 quarts canned for winter. This will be enough for an adult. For each child in the family, plant 75 feet, to allow a serving every day in season, and 30 quarts canned for winter.

Green peas-- 3 plantings, 20 feet each, to provide 1 serving per week fresh in season, with $4\frac{1}{2}$ quarts canned.

Snap beans-- 2 plantings, 20 feet each, to provide 1 serving per week fresh in season, with $4\frac{1}{2}$ quarts canned.

Carrots-- 3 plantings, 15 feet each, to provide 1 serving per week in season, 18 pounds stored.

Onions-- 25 feet, to provide 1 serving per week, 18 pounds stored.

Corn-- 3 plantings, 25 feet each, to provide 1 serving per week fresh in season, $4\frac{1}{2}$ quarts canned.

Rutabagas or turnips, 25 feet; beets, 2 plantings, 20 feet each; parsnips, 12 feet; squash, 3 hills, will allow 3 servings from this group of vegetables each week, with a bushel of beets to store.

Potatoes-- 200 to 400 feet, to provide a serving every day, with 3 bushels stored.

Beans, dried-- 80 to 100 feet, to provide 1 serving per week, with 10 pounds stored.

Multiplying the quantities required per person, as indicated above, by the number of persons in the family will show how much of a garden to plant to meet all your vegetable needs-- except tomatoes. Of these the children need more than the adults of the family, as indicated in the list.

And now to see how much better, nutritionally speaking, the family diet can be with a garden. If you are buying all the family food, and if your weekly market list corresponds to that suggested by the Bureau of Home Economics as furnishing an "adequate diet at minimum cost," your garden might make it possible for you to serve twice the quantity of vegetables, or more. Where the list given below includes $17\frac{1}{2}$ pounds of vegetables other than potatoes every week, you could have 35 pounds. And from your garden you could have the fresh green peas and beans, fresh tomatoes, lettuce, radishes, broccoli, or chard which might cost more in the market than you could afford. With this double quantity of vegetables, you would need less cereals, sugars, and fats.

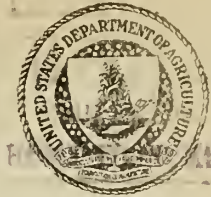
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SUGGESTED WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread	8 lbs.
Flour, cereals	11 "
Milk, or its equivalent (17 ounces evaporated, or $3\frac{1}{2}$ ounces dried skim plus $1\frac{1}{2}$ ounces butter equals 1 quart whole fresh milk) .	$24\frac{1}{2}$ --28 qts.
Potatoes, sweetpotatoes	13 lbs.
(Dried beans, peas, nuts 2 lbs.)	
....(Tomatoes, citrus fruits 5 ")	
(Leafy, green, and yellow vegetables 7 ") $17\frac{1}{2}$ " *
(Other vegetables $3\frac{1}{2}$ ")	
Dried fruits	$1\frac{1}{2}$ "
Other fruits	$3\frac{1}{2}$ "
Fats (including butter, oils, bacon, and salt pork)	$3\frac{1}{2}$ "
Sugars (1 pint, $1\frac{1}{2}$ pounds of molasses or heavy cane or sorgo sirup is approximately equivalent in fuel value to 1 pound of granulated sugar.)	3 "
Lean meat, fish, poultry	4 "
Eggs	$1\frac{1}{2}$ doz.

*With a garden, you could have 35 pounds of these vegetables each week and a better diet.



U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
MARCH 28, 1934 (WEDNESDAY)

THE MARKET BASKET

By

Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

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:	Tomatoes (or oranges) for children	:	Eggs (especially for children)	:
:	A green or yellow vegetable	:	Lean meat, fish, or poultry or	:
:	A fruit or additional vegetable	:	cheese	:
:	Milk for all	:	:	:
:	:	:	:	:

WHAT GRADE CANNED TOMATOES?

Vine-ripened tomatoes, fresh from the garden, come only at the height of our own home-growing season. Between times, in northerly climates at least, we buy either the southern-grown fresh tomato, picked green and ripened on the way to us, or we buy canned tomatoes, which are cheaper than the fresh ones shipped in from a distance.

Canned tomatoes come on the market in several grades, however, and the careful housewife wants to know which grade she is buying. If she is struggling to make ends meet, and buying economically, she wants to know whether she is getting less food value if she gets the cheapest grades. Fortunately, says the Bureau of Home Economics of the U. S. Department of Agriculture, the answer to that is No.

She is not getting less in food value, but maybe less in color, flavor, and appearance. And this is why:

Tomato crops for commercial canning are usually grown near the cannery which puts them up. This makes it possible to select the finest, smoothest, reddest, and best-flavored vine-ripened tomatoes, pick them at just the right moment for full flavor, and can them before they can deteriorate. Such tomatoes, packed whole or practically whole, with skin and core removed, and no blemishes of any kind, go into the packer's or the dealer's "Fancy" grade. The tomato meat in such a can-- the solids-- should weigh, after draining, approximately 65 to 70 percent of the contents of the can. The U.S. Department of Agriculture would rate such tomatoes as Grade A, the best. Some canners label them "Grade A". It is only fair for these tomatoes to command the top price.

All canned tomatoes, however, if they are legally marketable at all, are wholesome food. The differences in grade are measured by color, which is a good indicator of flavor; by size of pieces; and by proportion of juice to solids. The juice in a can of tomatoes, by the way, is all tomato juice, or should be. To add water is adulteration, which is forbidden by law.

Second quality canned tomatoes may be less evenly red than the first; they may not be whole; the drained weight of the tomato meat should be not less than 57 to 60 percent of the contents of the can. These tomatoes are known to the trade as "extra standard." The U.S. Department of Agriculture calls them Grade B, and some cans have this label. Sometimes tomatoes of this quality are put up in "solid pack," perhaps so labeled. In that case the proportion of tomato meat to juice may be as high as in the first grade, or Grade A. The chief difference is that the tomatoes in the "solid pack" are not whole. They should cost less than the "Fancy," or Grade A.

Third quality tomatoes are frequently the "field run" of the crop, packed as

1890

1891

1892

1893

1894

1895

1896

1897

1898

1899

1900

1901

1902

1903

1904

1905

1906

1907

1908

1909

1910

they come, ripe and underripe in various stages. This gives the canned product a lighter red color than the two best grades, and the tomato meat itself may show some pale red or yellowish or greenish-red parts. The pieces of tomato may be smaller, there may be as much juice as solids in the can. These are "standard" tomatoes to the trade. The Department of Agriculture calls them "Grade C" and some packers label them that way. They should sell for less than either of the two higher grades.

All these grades of canned tomatoes are perfectly wholesome food. They are all good sources of vitamin C, which is one of the essentials in a good diet. Tomatoes, citrus fruit, and some of the greens are depended upon to furnish this vitamin, and tomatoes probably yield the most for the money. Nutritionists recommend tomato juice for the baby every day, or orange juice, according to the baby's preference or the family pocketbook.

It is not fair, however, to let the customer buy third grade tomatoes at the price of first or second grade. Whatever the price, you should know just what you are getting. If the can is not labeled to show the grade, ask the grocer. You would doubtless prefer deep color in tomatoes because it generally indicates flavor. You may like the deep-red juice because it is more attractive in a tomato cocktail than is the paler juice. If so, you want the best grade, "Fancy" or Grade A, or else the "Extra standard," Grade B.

But for other purposes you may very well use the cheaper Grade C, the Department's third grade, the packer's "Standard" grade. These tomatoes make good soup; you can scallop them, with bread crumbs or spaghetti; you can use them for tomato sauce on meat, or eggs, or potatoes; you can stew them with okra, or onions, or celery; you can use them with Swiss steak, or with braised liver. You can pour off the juice, or rather strain it off, and give it to the baby.

Cook tomatoes, if you do cook them, as short a time as possible, and change containers no oftener than you must-- for heat, as well as exposure to the air, diminishes the vitamin C content.

LOW-COST MENU FOR ONE DAY

Breakfast

Mush and Milk - Toast
Tomato juice for youngest child
Coffee (adults) - Milk (children)

Dinner

Tomatoes, corn, and cheese on Toast
Fried Potatoes
Canned Fruit
Milk (children) - Tea (adults)

Supper

Bacon
Griddle Cakes
Cocoa made with Milk

- - - - -

RECIPES

Tomato, Corn, and Cheese on Toast

3 tablespoons flour	1 onion, sliced
3 tablespoons melted butter or other fat	2 cups canned corn
2 cups canned tomatoes	2 teaspoons salt
	$\frac{1}{4}$ pound sharp cheese, shaved thin

Brown the flour in a heavy skillet, remove the flour from the skillet, and blend with 2 tablespoons of the fat. Brown the onion in the remaining fat, add the other ingredients except the cheese, and cook for about 10 minutes. Stir in the cheese and when melted serve on thin crisp toast.

Spanish Rice

Chop about $\frac{1}{2}$ pound of salt pork and fry until crisp. Slice 2 onions and brown them in the fat. Add 1 quart of fresh or canned tomatoes and 3 to 4 cups of cooked rice. Season to taste with pepper, and salt if needed.

Tomato Soup

$1\frac{1}{2}$ quarts of tomatoes, canned or fresh	1 teaspoon sugar
$\frac{1}{2}$ onion	1 teaspoon salt
	1 tablespoon flour
	2 tablespoons butter

Cook the tomatoes with the seasonings for 10 minutes and strain. Blend the flour and the butter and mix with the hot tomato pulp and stir until thickened. Cook for five minutes. Serve hot.

Add a bay leaf and some cloves to the seasonings if you have them.

